

# DOMESTIC VIOLENCE PERSONALIZED SAFETY PLAN

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The following steps represent my plan for increasing my safety and preparing in advance for the possibility for further violence. Although I do not have control over my partner's violence, I do have a choice about how to respond to him/her and how to best get myself and my children to safety.

**STEP 1: Safety during a violent incident.** *Individuals cannot always avoid violent incidents. To increase safety, abused individuals may use a variety of strategies.*

I can use some of the following strategies:

A. If I decide to leave, I will \_\_\_\_\_.  
(Practice how to get out safely. What doors, windows, elevators, stairwells, or fire escapes would you use?)

B. I can keep my personal bag and car keys ready and put them (location) \_\_\_\_\_ in order to leave quickly.

C. I can tell \_\_\_\_\_ about the violence and request that she or he call the police if she or he hears suspicious noises coming from my house.

D. I can teach my children how to use the telephone to contact the police, the fire department, and 911.

E. I will use \_\_\_\_\_ as my code with my children or my friends so they can call for help.

F. If I have to leave my home, I will go to \_\_\_\_\_.  
(Decide this even if you don't think there will be a next time.)

G. When I expect we're going to have an argument, I'll try to move to a place that is low risk, such as \_\_\_\_\_. (Try to avoid arguments in the bathroom, garage, kitchen, near weapons, or in rooms without access to an outside door.)

H. I will use my judgment and intuition. If the situation is very serious, I can give my partner what he/she wants to calm him/her down. I have to protect myself until I/we \_\_\_\_\_

**STEP 2: Safety when preparing to leave.** *Abused individuals frequently leave the residence they share with the abusive partner. Leaving must be done with a careful plan to increase safety. Abusers often strike back when they believe that the abused person is leaving a relationship.*

I can use some or all the following strategies:

A. I will leave money and an extra set of keys with \_\_\_\_\_ so I can leave quickly.

B. I will keep copies of important documents or keys at \_\_\_\_\_.

C. I will open a savings account by \_\_\_\_\_, to increase my independence.

D. Other things I can do to increase my independence include: \_\_\_\_\_.

E. I can keep my phone charged and on me at all times. I understand that if I use my cell phone, the following month's phone bill will show my abuser those numbers I called after I left. To keep my phone communications confidential, I must either use a burner phone, or I might ask to use a friend's phone for a limited time when I first leave.

F. I will check with \_\_\_\_\_ and \_\_\_\_\_ to see who would be able to let me stay with them or lend me some money.

G. I can leave extra clothes or money with \_\_\_\_\_.

H. I will sit down and review my safety plan every \_\_\_\_\_ in order to plan the safest way to leave the residence. \_\_\_\_\_ (domestic violence advocate or friend's name) has agreed to help me review this plan.

I. I will rehearse my escape plan and, as appropriate, practice it with my children.

J. I will ensure that all location sharing is disabled on all technology devices (phones, tablets, laptops, smart watches, etc.)

**STEP 3: Safety in my own residence.** *There are many things that a person can do to increase their safety in their own residence. It may be impossible to do everything at once, but safety measures can be added step by step.*

Safety measures I can use:

A. I can change the locks on my doors and windows as soon as possible.

B. I can replace wooden doors with steel/metal doors.

C. I can install security systems including additional locks, window bars, poles to wedge against doors, an electronic system, etc.

D. I can purchase rope ladders to be used for escape from second floor windows.

E. I can install smoke detectors and fire extinguishers for each floor of my house/apartment.

F. I can install an outside lighting system that activates when a person is close to the house.

G. I will teach my children alternative ways to make a phone call in the event of an emergency.

H. I will tell the people who take care of my children, which people have permission to pick up my children and that my partner is not permitted to do so. The people I will inform about pick-up permission include:

\_\_\_\_\_ (name of school)  
\_\_\_\_\_ (name of babysitter)  
\_\_\_\_\_ (name of teacher)  
\_\_\_\_\_ (name[s] of others)

I. I can inform \_\_\_\_\_ (neighbor) and \_\_\_\_\_ (friend) that my partner no longer resides with me and that they should call the police if he is observed near my residence.

**STEP 4: Safety with an Order of Protection.** *Many batterers obey protection orders, but one can never be sure which violent partner will obey and which will violate protective orders.*

I recognize that I may need to ask the police and the courts to enforce my protective order.

The following are some steps I can take to help the enforcement of my protection order:

A. I will keep my protection order \_\_\_\_\_ (location). *Always keep it on or near your person. If you change purses, that's the first thing that should go in the new purse.*

B. I will give my protection order to police departments in the community where I work, in those communities where I visit friends or family, and in the community where I live.

C. *There should be county and state registries of protection orders that all police departments can call to confirm a protection order.* I can check to make sure that my order is on the registry. The telephone numbers for the county and state registries of protection orders are:  
\_\_\_\_\_ (county) and \_\_\_\_\_ (state).

D. I will inform my employer; my minister, rabbi, etc.; my closest friend; and \_\_\_\_\_ that I have a protection order in effect.

E. If my partner destroys my protection order, I can get another copy from the clerk's office.

F. If the police do not help, I can contact an advocate or an attorney and file a complaint with the chief of the police department or the sheriff.

G. If my partner violates the protection order, I can call the police at 911 and report the violation.

H. If offender is arrested, I will utilize [NC Savan](#) and [Vinelink](#) to notify me of their release.

**STEP 5: Safety on the job and in public.** *Each abused individual must decide if and when they will tell others that their partner has abused them and that they may be at continued risk. Friends, family, and co-workers can help to protect victims. Every individual should carefully consider which people to invite to help secure their safety.*

I might do any or all the following:

A. I can inform my boss, the security supervisor, and \_\_\_\_\_ at work.

B. I can ask \_\_\_\_\_ to help me screen my telephone calls at work.

C. When leaving work, I can \_\_\_\_\_.

D. If I have a problem while driving home, I can \_\_\_\_\_.

E. If I use public transit, I can \_\_\_\_\_.

F. I will go to different locations to conduct my business and shop at hours that are different from those I kept when residing with my abusive partner.

G. I can use a different bank and go at hours that are different from those kept when residing

with my abusive partner.

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## STEP 6: Safety and my emotional health.

*The experience of being abused and verbally degraded by partners is usually exhausting and emotionally draining. The process of building a new life takes much courage and incredible energy.*

To conserve my emotional energy and resources and to avoid hard emotional times, I can do some of the following:

A. If I feel down and am returning to a potentially abusive situation, I can

\_\_\_\_\_  
\_\_\_\_\_.

B. When I have to communicate with my partner in person or by telephone, I can

\_\_\_\_\_  
\_\_\_\_\_.

C. I will try to use “I can ... ” statements with myself and be assertive with others.

D. I can tell myself, “ \_\_\_\_\_ ”  
whenever I feel others are trying to control or abuse me.

E. I can read \_\_\_\_\_ to help me feel stronger.

F. I can call \_\_\_\_\_ and \_\_\_\_\_ for support.

G. I can locate support groups at the local domestic violence agency or \_\_\_\_\_  
\_\_\_\_\_ to gain support and strengthen relationships.

## STEP 7: Items to take when leaving.

*When survivors leave abusive partners, it is important to take certain items. Beyond this, individuals sometimes give an extra copy of papers and an extra set of clothing to a friend just in case they have to leave quickly.*

### Money:

Even if I never worked, I can take money from jointly held savings and checking accounts. If I do not take this money, they can legally take the money and close the accounts.

Items on the following lists with asterisks by them are the most important to take with you. If there is time, the other items may be taken, or stored outside the home. These items might best be placed in one location, so if we have to leave in a hurry, I can grab them quickly. When I leave, I should take:

- Identification for myself and/or children (Birth certificates, social security cards, ID cards, passports etc.)
- School & vaccination records
- Medications, Medical records
- Driver’s license and registration
- Money
- Checkbook, Debit/Credit Cards

- Keys (house, car, office, etc.)
- Copy of Protection Order
- Welfare identification, work permits, green cards
- Divorce papers
- Lease/Rental agreement, house deed, mortgage payment book
- Insurance papers
- Pictures, Jewelry, and other sentimental items of value
- Children's favorite toys and/or blankets
- Extra sets of clothing for self and/or children
- Chargers for electronic devices

**Telephone numbers I need to know:**

Police/sheriff's department (local) - 911 or \_\_\_\_\_

Police/sheriff's department (work) \_\_\_\_\_

Police/sheriff's department (school) \_\_\_\_\_

Prosecutor's office \_\_\_\_\_

Battered women's program (local) \_\_\_\_\_

National Domestic Violence Hotline: 800-799-SAFE (7233)

800-787-3224 (TTY) or [www.ndvh.org](http://www.ndvh.org)

County registry of protection orders \_\_\_\_\_

State registry of protection orders \_\_\_\_\_

Work number \_\_\_\_\_

Supervisor's number \_\_\_\_\_

**I will keep this document in a safe place and out of the reach of my potential attacker.**

**Review date:** \_\_\_\_\_